



Senior Services Division

# Senior News

## March 2024

**Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520**

**Monday - Thursday, 8:30am - 3:30pm | 541-488-5342 | tty: 711**

**AshlandSeniorCenter.org | seniorinfo@ashland.or.us**

### Starting This Month: Drop-in Line Dancing Classes!

At the beginning of March, the Line Dancing 1 (Mondays) and Line Dancing 2 (Thursdays) classes will switch from session to drop-in registration. This will allow you to pay for one class at a time or pay ahead for as many drop-in classes as you would like! Staff will be onsite at the Grove on both Mondays and Thursday, prior to class start, to assist with payment. You can also pay at [ashland.or.us/register](https://ashland.or.us/register) or call for assistance to 541-488-5342.

**Line Dancing 1:** This ongoing beginner class is for Line Dancing newcomers and beginners. Taught by **Lynn Roberts**. Mondays, 1-2:30pm at the Grove (1195 E. Main St), \$3/class.



**Line Dancing 2:** This ongoing intermediate class is for more experienced line dancers who want to learn and practice more advanced moves and choreography. Taught by **Risa Lewellyn**. Thursdays, 1-2:30pm at the Grove (1195 E. Main St), \$5/class



**Basic Line Dancing Step Review:** For newcomers to learn basic movement vocabulary and start to build the foundation for a fun class experience. First Monday of every month, 12:30-12:45pm at the Grove (1195 E. Main St), free

### Cybersecurity Basics

**Wednesday, March 6,  
2- 3:30pm  
Ashland Senior Center  
FREE. Registration  
required:  
541-488-5342**

This in-person workshop is for those who are interested in safety online and want to protect themselves from fraud and scams. It will build participants' confidence when they are visiting websites, creating passwords, and responding to email.

Taught by Digital Services staff from Jackson County Library Services.



### Your Donations Help Local Seniors

We welcome your tax-deductible donation to Ashland Senior Center. Please visit [ashlandseniorservices.org](https://ashlandseniorservices.org) or mail a check made out to Ashland Parks Foundation to Ashland Senior Center.



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## Featured Activities & Classes

See page 3 of this newsletter for our full calendar of activities and classes, or you can view full details in the current Ashland Parks and Recreation Playguide at [ashland.or.us/register](https://ashland.or.us/register). Ask about our scholarships. **All activities occur at Ashland Senior Center, unless otherwise noted.**

### Senior Walkabouts

**Mondays, Mar 11 – Apr 29, 10-11am**

**Dog Park (950 Perozzi St)**

**\$16/8 walks.** Register at [ashland.or.us/register](https://ashland.or.us/register) or 541-488-5342

Come enjoy some fresh air, exercise, and good company! A volunteer guide will lead this weekly walking group in and around the Dog Park at 950 Perozzi St. Walks will be held at a gentle pace and will take approximately 45 to 60 minutes. Routes will stay on accessible paths. Please meet in front at the parking lot for the Dog Park five minutes before start time. Walks will take place rain or shine; please dress accordingly. Led by avid walker, **Rosalie Rybka.**



### Digital Education

FREE. Registration required: 541-488-5342

#### Technology Basics Classes

**Selected Wednesdays, 2-3:30pm**

- **March 20:** Android Basics
- **April 17:** iPhone & iPad Basics
- **May 15:** Windows Basics for PC Computers
- **June 26:** Mac Basics for Apple Computers



### Seeking Donations

Our Free Library at Ashland Senior Center currently needs donations of **large print books**, especially mysteries/thrillers. Please bring donations to the office.



### Young at Art

**March 6th (1st Wed of each month), 2-3:30pm**

**\$5,** Register at 541-488-5342 or

[ashland.or.us/register](https://ashland.or.us/register)

Instructor: **Shea Cathey**

This fun monthly art class is open to all skill levels, no experience required! Come learn some art tips and have fun being creative. Each session will explore a different medium and subject. All supplies will be provided.

*Thank you to our  
2024 Young at  
Art sponsor:*



### Game Groups

Enjoy a fun afternoon of games, friendship and laughter at Ashland Senior Center. Free and open to all skill levels. No experience required. Call 541-488-5342 to sign up and come join the fun!

- **Cribbage: Tuesdays, 1-3:30pm**
- **Mah Jongg: Thursdays, 1-3:30pm**
- **Spades: Thursdays, 1-3:30pm**
- **Go: 1st & 3rd Thursdays, 1:15-3:30pm**

### ASAC Update

Ashland Senior Advisory Committee will meet next on **March 11, 3:30-5 pm, in person at Ashland Senior Center.** All meetings are open to the public. The agenda will be posted at [ashland.or.us/APRCAgendasAndMinutes](https://ashland.or.us/APRCAgendasAndMinutes).

**ASAC welcomes public input!** Please submit comments to [seniorinfo@ashland.or.us](mailto:seniorinfo@ashland.or.us) or 541-488-5342.

# SENIOR ACTIVITIES CALENDAR

## MARCH 2024



All events occur at Ashland Senior Center unless otherwise noted.

(G) The Grove

(Z) Zoom

All activities except F&F lunch require pre-registration: 541-488-5342.



Monday

Tuesday

Wednesday

Thursday

Friday



For questions  
about  
Food & Friends  
lunch service,  
please call  
541-488-9850.

**1**  
**CLOSED** except for:  
11:30a F&F lunch

**4**  
**Strength & Balance– See Website**  
9:30a Tai Chi 3 (G)  
11:00a Computer Tutor  
11:30a F&F lunch  
12:45p Line Dance Step Review  
1p Line Dance 1 (G)  
2pm **Write Your Memoir**

**5**  
9:30a Tai Chi 1 (G)  
9:30a Discussion Group  
11:30a F&F lunch  
1p Cribbage  
1p Movie

**6**  
11:30a F&F lunch  
2pm **Young at Art**  
2pm **Cybersecurity Basics**

**7**  
**Strength & Balance– See Website**  
9:30a Tai Chi 2 (G)  
11:30a F&F lunch  
1p Line Dance 2 (G)  
1p Mah Jongg /Spades  
1:15p Go

**8**  
**CLOSED** except for:  
11:30a F&F lunch

**11**  
**Strength & Balance– See Website**  
9:30a Tai Chi 3 (G)  
11:00a Computer Tutor  
11:30a F&F lunch  
1p Line Dance 1 (G)  
2pm **Write Your Memoir**

**12**  
9:30a Tai Chi 1 (G)  
9:30a Discussion Group  
11:30a F&F lunch  
1p Cribbage  
1p Movie

**13**  
11:30a F&F lunch  
12:30p **Healthy Brain & Aging**

**14**  
**Strength & Balance– See Website**  
9:30a Tai Chi 2 (G)  
10a Computer Tutor  
11:30a F&F lunch  
1p Line Dance 2 (G)  
1p Mah Jongg /Spades

**15**  
**CLOSED** except for:  
11:30a F&F lunch

**18**  
**Strength & Balance– See Website**  
9:30a Tai Chi 3 (G)  
10:30a Gentle Yoga  
11:00a Computer Tutor  
11:30a F&F lunch  
1p Line Dance 1 (G)  
2pm **Write Your Memoir**

**19**  
9:30a Tai Chi 1 (G)  
9:30a Discussion Group  
11:30a F&F lunch  
1p Cribbage  
1p Movie

**20**  
9:15a Gentle Yoga  
10:30a Gentle Yoga  
11:30a F&F lunch  
2pm **Tech Basics: Android**  
5:30p **Dementia Caregiver Group (Z)**

**21**  
**Strength & Balance– See Website**  
9:30a Tai Chi 2 (G)  
10a Computer Tutor  
11:30a F&F lunch  
1p Line Dance 2 (G)  
1p Mah Jongg / Spades  
1:15p Go

**22**  
**CLOSED** except for:  
11:30a F&F lunch

**25**  
**Strength & Balance– See Website**  
9:30a Tai Chi 3 (G)  
10:30a Gentle yoga  
11:00a Computer Tutor  
11:30a F&F lunch  
1p Line Dance 1 (G)  
2pm **Write Your Memoir**

**26**  
9:30a Tai Chi 1 (G)  
9:30a Discussion Group  
11:30a F&F lunch  
1p Cribbage  
1p Movie

**27**  
9:15a Gentle Yoga  
10:30a Gentle Yoga  
11:30a F&F lunch  
12:30p **Healthy Brain & Aging**

**28**  
**Strength & Balance– See Website**  
9:30a Tai Chi 2 (G)  
10a Computer Tutor  
11:30a F&F lunch  
1p Line Dance 2 (G)  
1p Mah Jongg / Spades

**29**  
**CLOSED** except for:  
11:30a F&F lunch

## Patron Spotlight: Kim Rosmaier

Kim Rosmaier was born and raised in Long Island, New York. She moved to Southern California with her family when she was just 18 years old for her fathers' job. During that time, she fluttered around to various colleges and jobs. She received her degree from UC Davis in Natural Resource Sciences. She worked for 25 years for the California Department of Water Resources and retired as a supervisor.

Kim started coming up to Ashland in 1992 to enjoy our very own OSF and all that Southern Oregon has to offer and decided this is where she wants to retire. Once she got here, she knew she didn't want to just "sit around". She has been volunteering at the Ashland Senior Center for 2 years. On top of that Kim generously offers her time at Celia's house in Medford and on the Ashland CERT Team. Not only does Kim volunteer for the Senior Center, but she has also enjoys taking the Line Dancing class. She directed our Charades group as well! She usually takes 2 or more classes every term thru OLLI and encourages everyone to look through the catalog of classes.



### WEEKLY MOVIE MATINEES Showtime 1:00pm

#### **TUESDAY, March 5: The Sting (2hr 9min) 1973 PG**

American caper film set in September 1936, involving a complicated plot by two professional grifters to con a mob boss.

*Stars: Paul Newman, Robert Redford, Robert Shaw*

#### **TUESDAY, March 12: Bank of Dave (1hr 47min) 2023 PG-13**

The film is based on the real-life experiences of Dave Fishwick. It follows the story of a working class and self-made millionaire, in Burnley (UK), who struggles to set up a community bank to help the town's local businesses to thrive.

*Stars: Joel Fry, Phoebe Dynevor, Rory Kinnear, Hugh Bonneville*

#### **TUESDAY, March 19: Good Grief (1hr 40min) 2023 R**

An artist grieving the loss of his famous writer husband takes his two best friends on a trip to Paris, where they unpack messy secrets and hard truths.

*Stars: Dan Levy, Luke Evans, Ruth Negga*

#### **TUESDAY March 26: My Octopus Teacher (1hr 25min) G**

Documentary: A filmmaker forges an unusual friendship with an octopus living in a South African kelp forest, learning as the animal shares the mysteries of her world.

*Stars: Craig Foster, Tom Foster*

*Closed Captioning always offered when available.*



## Community Resources



**February 2 – April 15**

**Wednesdays 9-3pm and Fridays 9-1pm\***

\*alternate hours (12-4pm) during Feb 16-Apr 5

**Lower Level Stevenson Union**

**SOU, 1250 Siskiyou Blvd**

Call for an appointment: **541-708-9346**.

Free tax preparation assistance for all, no AARP membership required. Walk-ins only available on Wednesdays, 9am-12pm, and Fridays until full, but no guarantee of service.

An option to prepare your own return for free on Tax Aide software is also available at this site.

You must bring picture ID, all Social Security cards, your 2022 tax returns and 2022 W-2s, 1099s, and all other income and expense records that will be used in filing the tax return. For joint filing, both spouses should be present. You also need any IRS letters you might have received and information on Health Insurance Coverage and income earned by any of your dependents. For more information call 1-888-227-7669.

Parking is available for a small fee on campus or free on nearby public streets.



### Take Action to Renew Your OHP/Medicaid Benefits

Renewals are happening for Oregon Health Plan (OHP) and other Medicaid benefits. Take the following steps to retain your benefits:

Keep your address up to date:

- ♦ Call weekdays from 7am-6pm: 800-699-9075
- ♦ Find an office or community partner near you at [KeepCovered.Oregon.Gov](https://www.KeepCovered.Oregon.Gov)
- ♦ Report changes and respond to renewals online at [Benefits.Oregon.Gov](https://www.Benefits.Oregon.Gov)

Keep checking the mail for your renewal letter:

They will tell you what to do. Letters are going out now through mid-2024. Not everyone will get their letters at the same time.

### Powerful Tools for Caregivers

**Fridays, Mar 22 – Apr 26, 1-2:30pm**

**RVCOG Building, 155 N 1<sup>st</sup> St, Central Point**

FREE. Registration required:

541-423-1362 or 541-423-1394

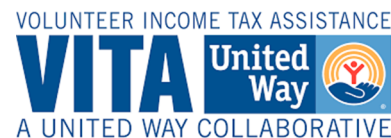
Learn new ways to take care of yourself while providing caregiving! Sign up for this FREE six-week class.



Learn tools to:

- Reduce personal stress
- Communicate effectively with family members, doctors and paid help
- Increase self-care practices
- Reduce guilt, anger and depression
- Experience relaxation techniques
- Make tough decisions
- Set goals and problem solve

Taught by **Melanie Greely** and **Tami Barber** of Rogue Valley Council of Governments Senior & Disability Services.



**February 6 – April 11**

**Tuesdays 3:45-7pm, Wednesdays 12:45-5pm,**

**Thursdays 3:45-7pm**

**Teresa McCormick Center, 2600 S. Pacific Hwy, Medford**

Appointment required:

[unitedwayofjacksoncounty.org/vita](https://unitedwayofjacksoncounty.org/vita)

For questions, call: Katherine Gamble at

541-864-5092

Language support available for Spanish speakers

Free in-person tax preparation to families and individuals earning \$55,000 or less during 2023. IRS-certified volunteers provide free basic income tax preparation with electronic filing for qualified individuals, heads of households and families.

Free self-service tax preparation is also available, to people who earned \$100,000 or less during 2023. Access provided to a workspace, computer, printer and easy-to-use tax preparation software. Filing fees will be covered by an onsite facilitator.



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1699 Homes Avenue  
Ashland, OR 97520



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Thank you to our partners & sponsors!



Oregon Behavioral Health Initiative

And thank you to ALL our amazing volunteers and instructors  
who do so much to support seniors every month.